HealthBreak
FEBRUARY 2016

American Heart Month

There's good news about the #1 cause of death in the United States from the American Heart Association (AHA): 80 percent of heart disease and stroke can be prevented. This month is American Heart Month, so let's start saving lives!

We've provided a list of things below you can do to boost heart health. Update your February calendar with the heart-healthy activities you plan to complete, and post it as a reminder of your commitment to prevent heart disease and stroke.

- Schedule your next doctor's appointment.

- Take your blood pressure monitor in to your doctor's office to have its accuracy checked against the office blood pressure monitor.

- Choose olive and other oils over butter and other solid fats.

- Register for a CPR class.

- Sign up to walk or run a 5K.

- Eat more cold-water (or fatty) fish like salmon, tuna and mackerel.

- Make sure you're using the right type of blood pressure monitor. It should have an upper arm cuff, and a single button should inflate the cuff, deflate the cuff and provide a blood pressure measurement.

- Drink a glass of reduced-fat milk at every meal.

- Learn more at the AHA website at www.heart.org.

- Switch from white bread to whole wheat.

- Sign up for an exercise class.

- Choose more beans, nuts and seafood over red and processed meats.

- Learn "hands-only CPR" in less than two minutes at www.heart.org/HandsOnlyCPR.

- Make half your plate fruits and vegetables.

- Take a brisk 30 minute walk.

- Monitor and track your blood pressure, cholesterol and blood sugar numbers.

- Know where the AEDs (automated external defibrillators) are at work and at other places where you spend a lot of time, so you're ready for emergencies.

Please visit excellusbcbs.com for more information about lifestyle changes you can make to improve your health.